

# Wellbeing

## Newsletter Issue 10 September + October 2023



Respect people's  
feelings. Even  
if it does not  
mean anything  
to you, it  
could mean  
everything to  
them.

Dear Parents and Carers,

Welcome to our first Wellbeing Newsletter of the school year, and hope you all had a lovely summer break. Did anyone manage to tick anything off the '100 Things to do this Summer' list? I ticked 17 and wasn't even really trying! Anyway, I really hope you had time to relax; had time with your family and friends, and time to yourself.

This Newsletter, we shall be looking at '**Respect**', and linking to our 'Back to Basics' initiative, we will look at, '**Give**'. As a reminder, (and to any new parents and carers) we link our Newsletters to our **HEART** values in school, working through each value and, more recently, I have started to link our **HEART** values with a new initiative, from Hampshire, called 'Back to Basics' which links directly to 'The Five Ways to Wellbeing'.

If we look at '**Respect**' - what does that mean to us, as individuals? As a community? As a nation? Have we found that '**Respect**' is shown in a different way in different families, cultures, communities and countries? Is '**Respect**' more valued in other countries or does it just present differently? In some cultures, older people are revered, for their knowledge and wisdom but do we, as a nation, offer the same to our elderly citizens? Do we offer '**Respect**' to one another, consistently? Would we like to be treated with '**Respect**'? It is definitely challenging in our fast paced lives to sometimes remember our values, '**Respect**' being one of them.

I always think of '**Respect**' as being closely linked with '**Kindness**' which is the overarching value for our **HEART** values, and I also think it links well with '**Give**'. If we '**Give**' '**Respect**' are we not being kind to others and if we receive it, are people not being kind to us? Just the act of taking time to '**Give**' '**Respect**' in itself, is showing '**Kindness**' and research suggests that acts of giving and kindness can help improve your mental wellbeing. So a win-win all round!

But what does '**Respect**' look like in your day? In your child's day? Does it involve thinking before we speak or act? Taking time to consider others before ourselves and how they may be feeling, may be a small thing for us but could literally make their day! By taking time to show '**Respect**' may also be just the thing to put a pause in our busy lives,

that may be all we need to change our day. Taking that time, and taking a breath, to '**Respect**' others could be a new initiative to bring more '**Kindness**' into all our lives.

And if we think about how we '**Give**' on a day to day basis, is it not one of the best lessons to our children, to help them to be kinder, more thoughtful individuals? We can demonstrate how we '**Give**' our time to others, to help and support them and how we '**Give**' '**Respect**' to both friends and family, as well as strangers, is a lovely lesson in '**Kindness**'. It is interesting that people often associate '**Give**' with a monetary amount and yet so much of what we can '**Give**' is totally free - our smiles, our time, our '**Respect**', our thoughts, our listening/attention skills, our enthusiasm and our love. Of course, if we are able to, we can also '**Give**' to FoodBanks and Charities, to help people in need but we can also offer our time to help fundraise for charity. This works both locally and nationally/internationally; for example, as small schools, we have benefitted from all the many hours 'donated' by the wonderful members of the BPSA and FSS, who tirelessly fundraise for our schools, but, if we are able, we can also help charities worldwide in whatever capacity they need, too.

Maybe have a conversation with your children and ask them what they believe '**Respect**' means to them? Obviously, '**Respect**' is shown to all people and animals but do we all show it for our planet and our environment, both near and far? Do we show the same level of respect to other people's 'things' as we do to our precious belongings? Is our default '**Respect**' or do we consciously have to think about it, to use it? And what other words would we connect to '**Respect**' - dignity? '**kindness**'? care? equality? strength? Just a few but I am sure you and your children can think of many more. Food for thought! And can I just make sure that we all give ourselves and our valuable time some '**Respect**' also and ensure that we take time out, when needed, to re-set. It is also such a good lesson for our children to see that we '**Respect**' our own bodies and minds enough to take time out; teaching the young some valuable self-care habits!

And don't forget, if we are ever struggling or feeling it's all too much – just breathe!

**Mrs Lesley Lillis, Pastoral Support Lead**

